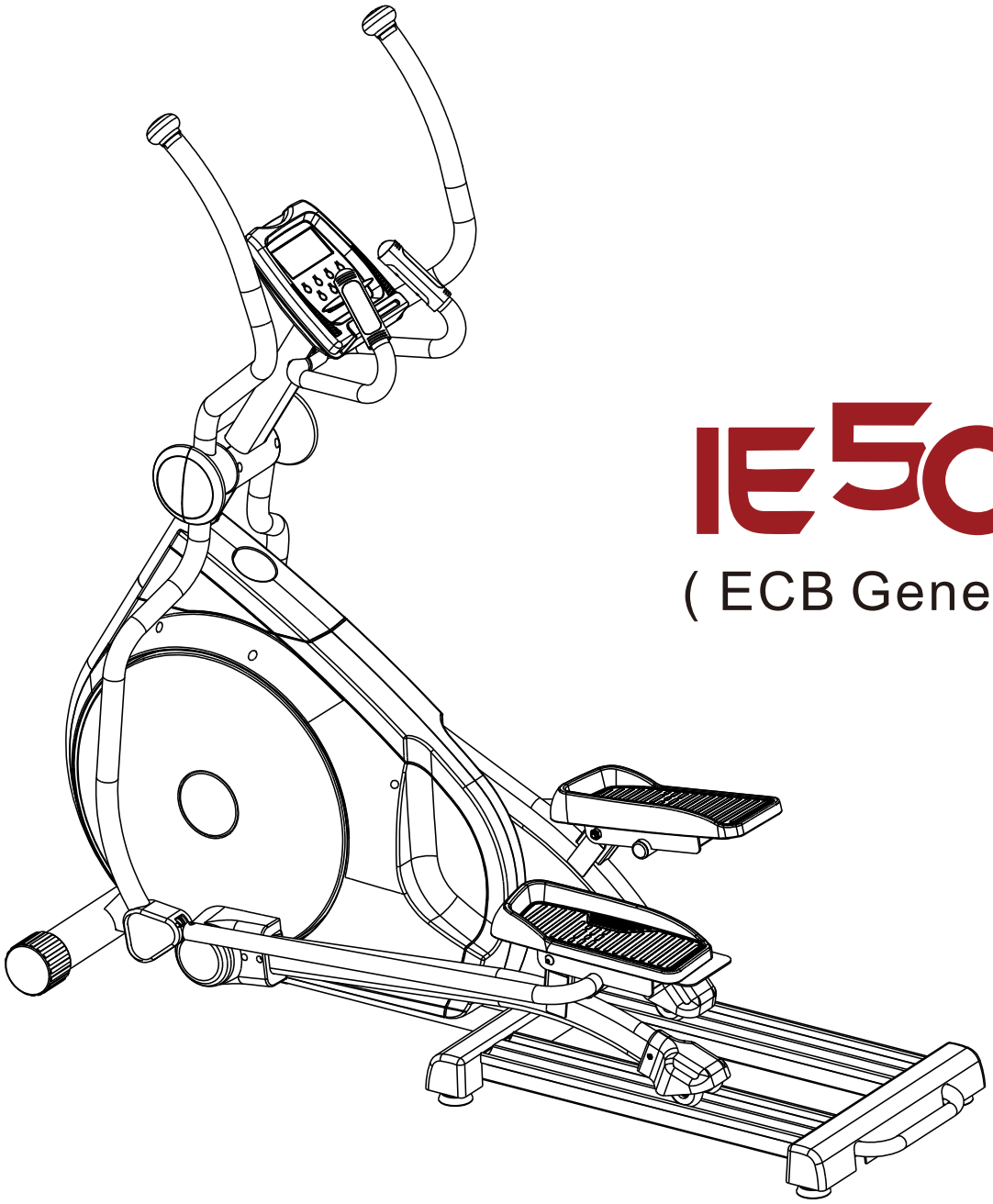
Impetus

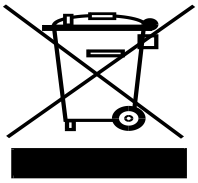


IE500

(ECB Generator)

User's manual

CE



WEEE WARNING：
Do not dispose of electrical appliances as unsorted municipal waste, use separate collection facilities.

Contact your local government for information regarding the collection systems available.

If electrical appliances are disposed of in landfills or dumps, hazardous substances can leak into the groundwater and get into the food chain, damaging your health and well-being.

When replacing old appliances with new ones, the retailer is legally obligated to take back your old appliance for disposal at least for free of charge.

INDEX

Introduction/Safty Guideline.....1-2

Exploded View.....3

Parts List.....4-5

Assembly instruction.....6-11

Monitor Instruction.....12-16

Cycle Adjustment.....17

Warm-up.....17-18

Cleaning & maintenance.....18

INTRODUCTION / SAFETY GUIDELINE

A. Introduction

This user's manual contains assembly, operation, maintenance and safety information.

In the interest of safety, please make certain that you read and understand all the information below.

B. Safety guideline

a. Read the user's manual and all accompanying literature. Follow it carefully before using your machine.

b. This machine is intended for indoor home or light commercial location use only.

c. Inspect your exercise machine prior to exercising to ensure that all nuts and bolts are fully tightened.

d. Make sure machine is stable on the floor. Avoid uneven surfaces.

e. Most exercise equipment is not recommended for small children.Children should not use the machine. Keep unsupervised children away from the equipment.

f. Exercise equipment has moving parts. Keep others, especially children, at a safe distance while exercise.

g. Make sure all devices are fully adjusted before use to avoid injury.

h. Remove all jewelry, including rings, chains and pins before exercising

i. Always wear suitable clothing and footwear during exercise. Do not wear loose fitting clothing that could become caught in the moving parts of your exercise machine.

j. Warm up 5 to 10 minutes before each workout and cool down 5 to 10 minutes afterward. This allows your heart rate to gradually increase and decrease and will help prevent muscle strain.

k. Never hold your breath while exercising. You should breathe at a normal rate in conjunction with the level of exercise being performed.

l. Rest adequately between workouts. Muscles tone and develop during these rest periods. Beginners should workout twice a week and increase gradually to 4 or 5 times per week.

m. Do not “over train” Incorrect or excessive training may result in injury.

n. Warning that any of the adjustment devices should not be left projecting.

IMPORTANT :

THE MAXIMUM RECOMMENDED WEIGHT CAPACITY FOR YOUR EQUIPMENT IS 150 KGS.

Warning :

Before commencing with any exercise program, please consult your family Physician. If at any time during exercise you feel faint, dizzy or experience pain, stop and consult your family physician, the manufacturer may use same as a defense to any claim for injuries, damage or loss. The above warnings are in no way intended to limit or modify the consumer's remedies for breach of warranties pursuant to applicable **Federal and State laws of regulations.** They are being supplied strictly to ensure the safety of the individuals using this product.

The safety level of the equipment can be maintained only if it is examined regularly for damaged and wear.
The appliances are not for children under 14 years of ages.

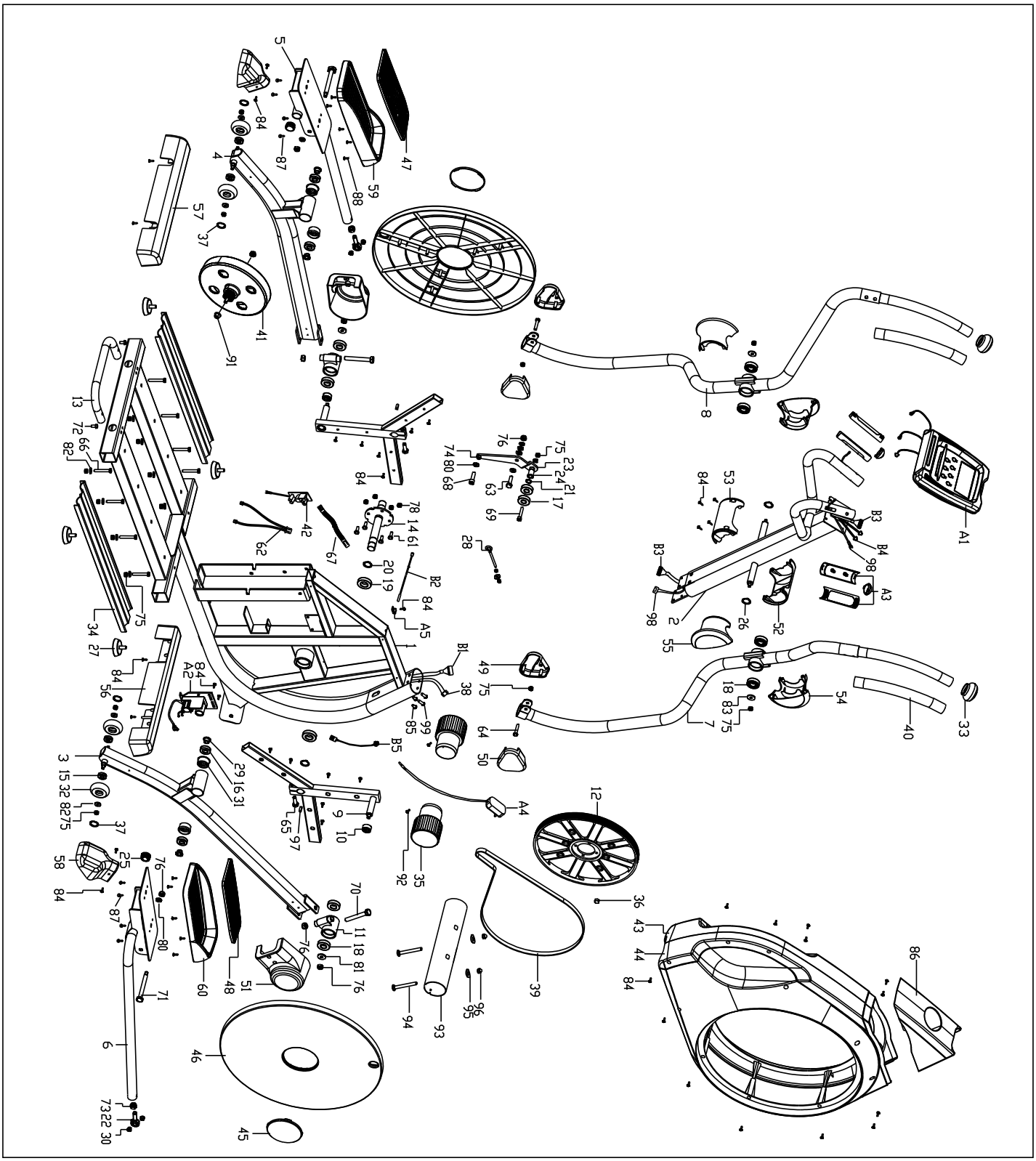
Safe distance :

Front and back : 100cm
Left and right sides : 100cm

Important:

Read all instructions carefully. Assemble the unit in accordance with the steps in the manual. Lay out all parts on the floor and check if you have all the parts included completely before beginning assembly. In case of a discrepancy, pls call the customer service department of the store for assistance.
Replace defective components immediately and keep the equipment out of use until repaired.

Exploded View



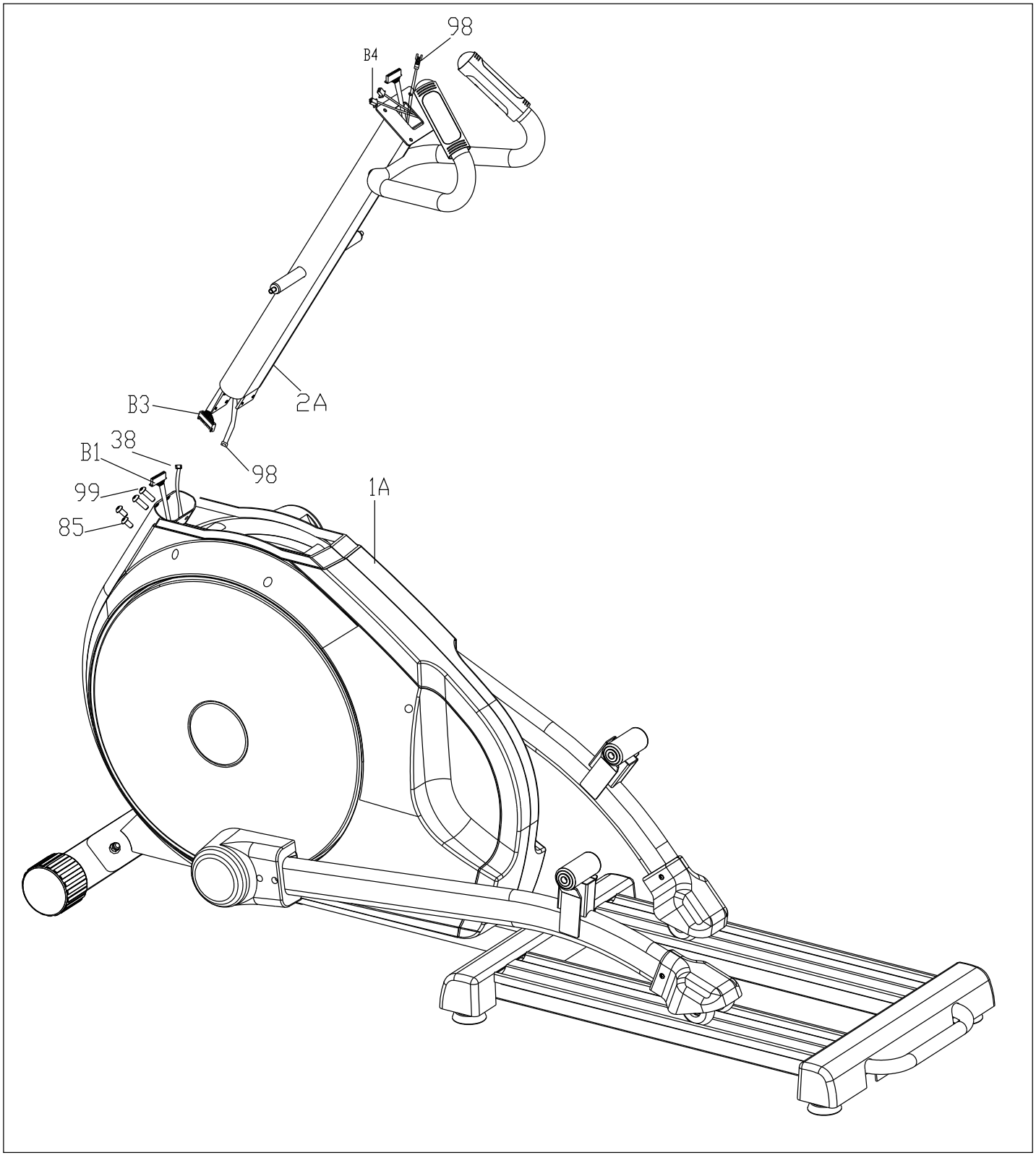
PARTS LIST

Item	Description	Specification	Q'ty
1	Main frame		1
2	Handlebar post		1
3	Pedal arm (R)		1
4	Pedal arm (L)		1
5	Connecting arm (L)		1
6	Connecting arm (R)		1
7	Hand rail (R)		1
8	Hand rail (L)		1
9	Crank		2
10	Sleeve		2
11	Crank connecting shaft		2
12	Pulley wheel		1
13	Lift handle		1
14	Axle		1
15	Bearing 6001ZZ	6001ZZ	4
16	Bearing 6001ZZ	6001ZZ	4
17	Bearing 6203ZZ	6203ZZ	2
18	Bearing 6004ZZ	6004ZZ	8
19	Bearing 6005ZZ	6005ZZ	2
20	C-ring	C25	2
21	C-ring	C17	1
22	Universal joint	M12	2
23	Idle arm	T6.0	1
24	Idle shaft	Ø20*35	1
25	Cap	Ø31.5*Ø30.5*17.3	2
26	C-ring	C20	2
27	Adjustable pad		4
28	Screw	M6*50.8*80	1
29	Oil bearing	Ø24*Ø17*Ø22*12	4
30	Oil bearing	Ø14*Ø12*Ø8*8.5Ø	4
31	Bearing tube	Ø42*20	4
32	Moving wheel	Ø65*Ø12*24	4
33	Cap	Ø64.5*42.5	2
34	Sliding rail	長678mm	2
35	Moving wheel	Ø97*126.5	2
36	Sensor magnet		1
37	C-ring	C28	4
38	Montiro lower wire		1
39	Belt	580-J6	1
40	Form grip		2
41	Magnetic flywheel, axle included	Ø320*10KG *Axle 135*Ø38,	1
42	Generator control board		1
43	Chain cover (L)		1
44	Chain cover (R)		1
45	Disk hole cap		1
46	Disk		2
47	Pedal (L)		1
48	Pedal (R)		1
49	Hand rail down Cover (L)		1
50	Hand rail down Cover (R)		1
51	Pedal arm front cover		2
52	Front tube front cover		1
53	Front tube rear cover		1
54	Hand rail middle cover front		1

Item	Description	Specification	Q'ty
55	Hand rail middle cover rear		1
56	Middle stabilizer cover		1
57	Rear stabilizer cover		1
58	Moving wheel cover		1
59	Pedal base (L)		1
60	Pedal base (R)		1
61	Hex bolt	M6*20L	4
62	Control board connecting wire		1
63	Hex bolt	M10*35L	1
64	Hex bolt	M8*40L	2
65	Hex bolt	M10*40L	2
66	Hex bolt	M8*55L	8
67	Generator wires		1
68	Round head Allen bolt	M10*35L	1
69	Round head Allen bolt	M8*45L	1
70	Hex bolt	M12*95L	2
71	Flat head Allen bolt	Ø12*M10*134.7	2
72	Flat head Allen bolt	M8*25	2
73	Hex nut	M12	2
74	Hex nut	M10	1
75	Nylon lock nut	M8	18
76	Nylon lock nut	M10	7
77	Hex wrench	15/19	1
78	Nylon lock nut	M6	5
79	Washer	Ø6.5*Ø12*T1.5	1
80	Washer	Ø10.5*Ø20*T2.0	3
81	Big washer	Ø10.5*Ø28*T2.0	2
82	Washer	Ø8.4*Ø20*T2.0	16
83	Washer	Ø8.4*Ø28*T2.0	2
84	Flat head Self-tap screw	M4*16	42
85	Flat head Allen bolt	M8*20	2
86	Water Holder		1
87	Allen screw	M6*10	8
88	Flat head Self-tap screw	M4*10	10
89	Allen key	M5/M6	1
90	Wrench with screw driver	10/13/15/17	1
91	Flange nut	3/8*26UNF*7T	2
92	Flat head Self-tap screw	M3*16	2
93	Front stabilizer	n76*T2.0*365	1
94	Carriage bolt	M10*P1.5*88mm (L37.5)	2
95	Arc Washer	Ø10.5*Ø23*T1.5	2
96	Dom Nut	M10	2
97	Flat key	6*6*20	2
98	Monitor upper wire		1
99	Flat head Allen bolt	M8*60	2
A1	Computer		1
A2	Small Motor		1
A3	Hand pulse holder		2
A4	Adapter	INPUT:110V-240V AC 50/60HZ 9W OUTPUT:9V DC 1300mA	1
A5	Sensor block	22.2*10*2.2	1
B1	Computer lower wire	800mm	1
B2	Sensor wire	200mm	1
B3	Computer upper wire	850mm	1
B4	Hand pulse wire	700mm*2	2
B5	Power socket with wire	850L(3P F+D.Csocket)	1

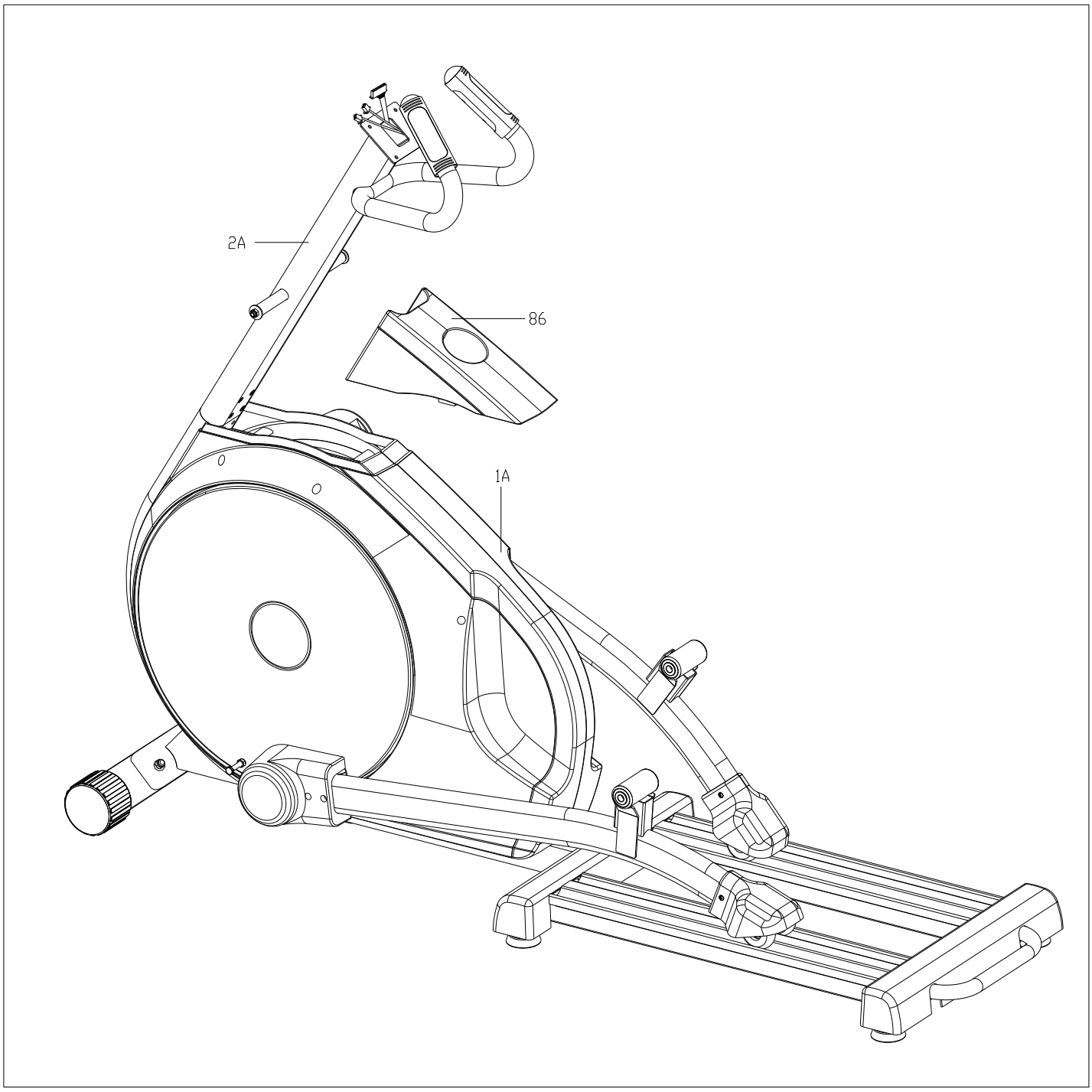
Assembly instruction：

Step 1



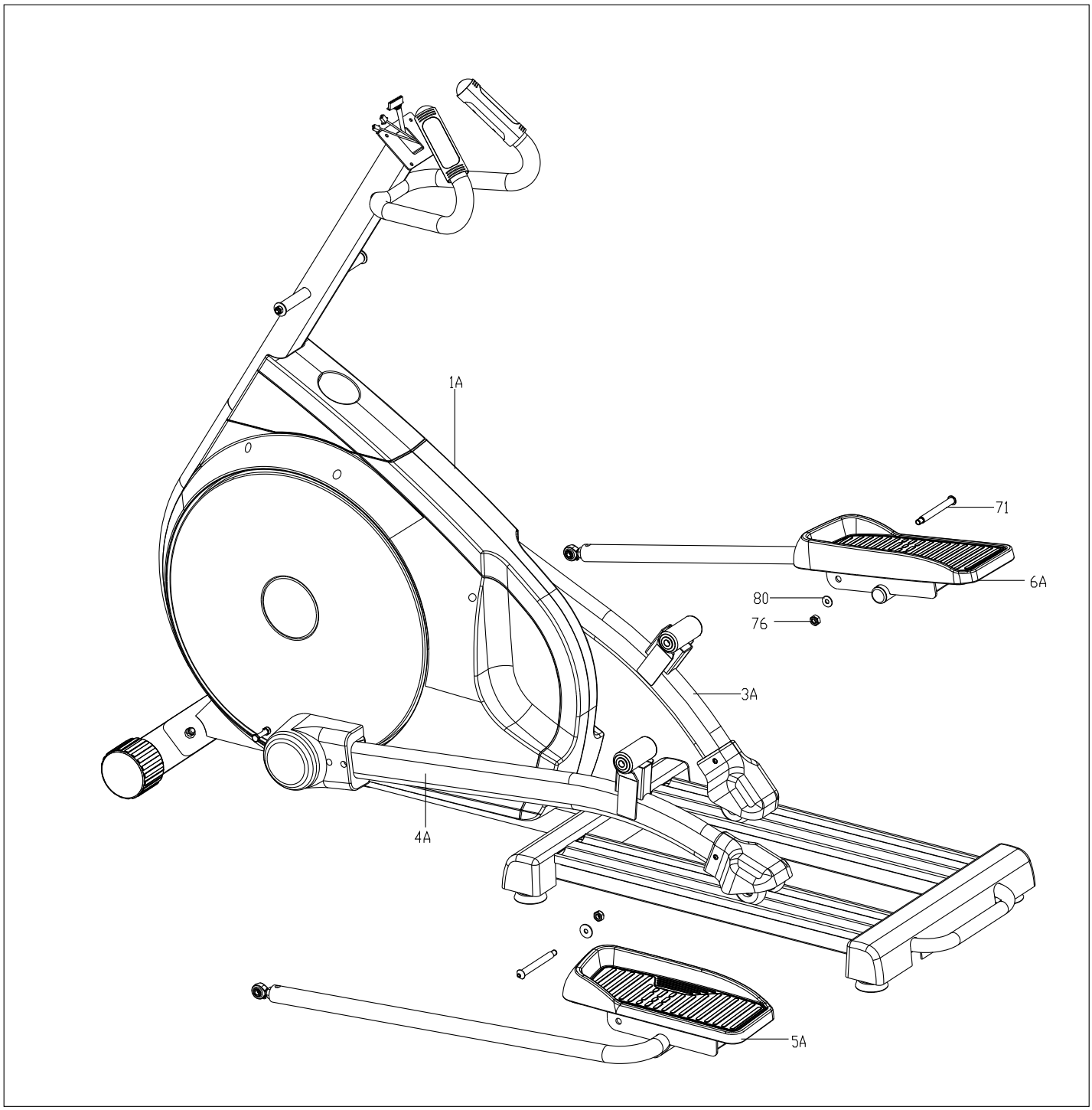
Put the main frame (1A) on the leveled ground, take out the front tube (2A), then connect the computer lower wire(B1) and the computer upper wire (B3) and then insert the front tube (2A) into main frame (1A) by 2 flat head allen bolts (85) and 2 flat head allen bolts(99) to secure.

Step 2



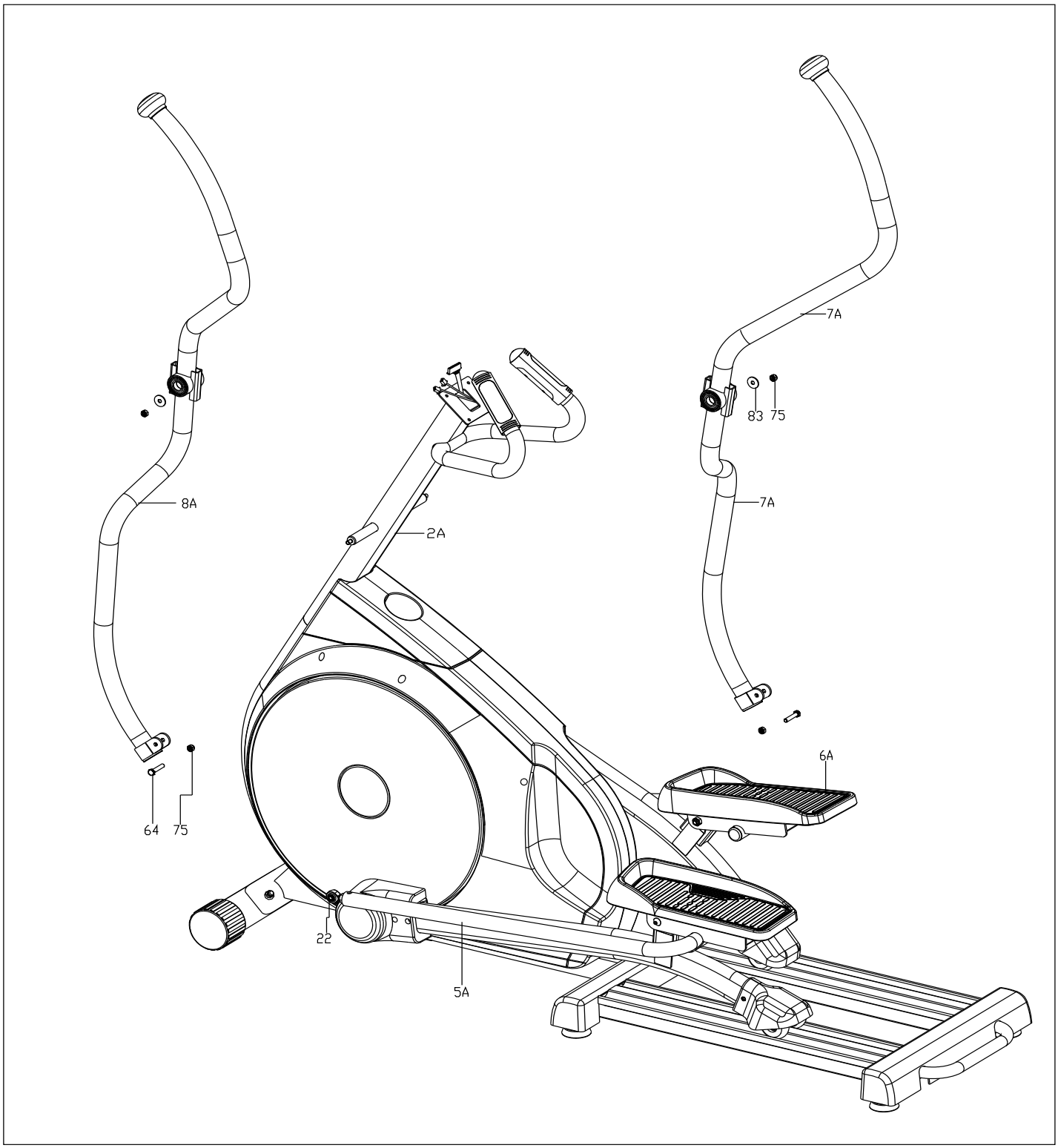
Put the water bottle holder (86) at the triangle area that in between the main frame (1A) and the front tube (2A) and just simply press down to fix.

Step 3



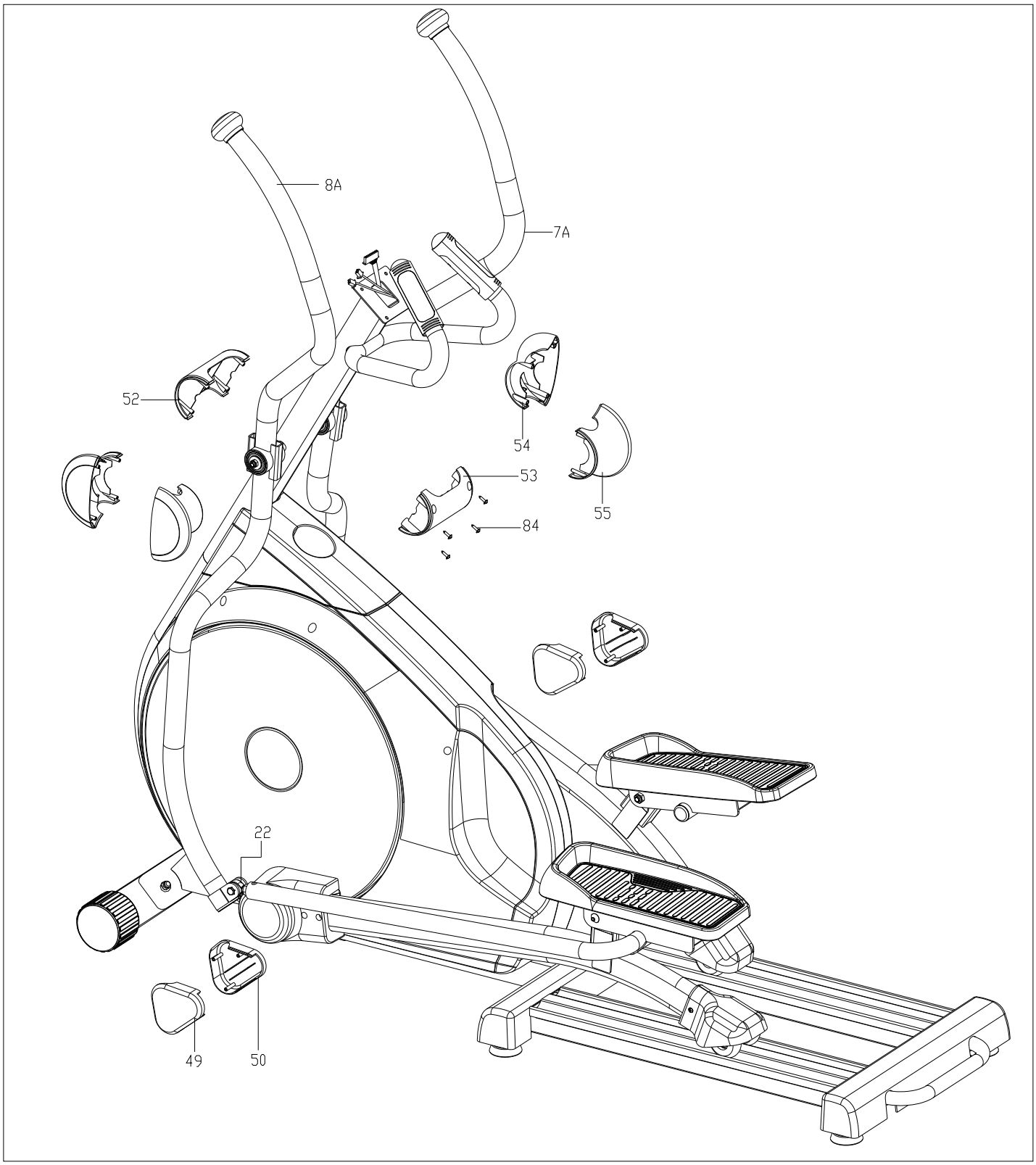
Join the Connect arm (6A) with right pedal arm (3A) by flat allen bolt (71), washer (80) and Nylon lock nut (76) to secure.
Join the Connect arm (5A) with right pedal arm (4A) by flat allen bolt (71), washer (80) and Nylon lock nut (76) to secure.

Step 4



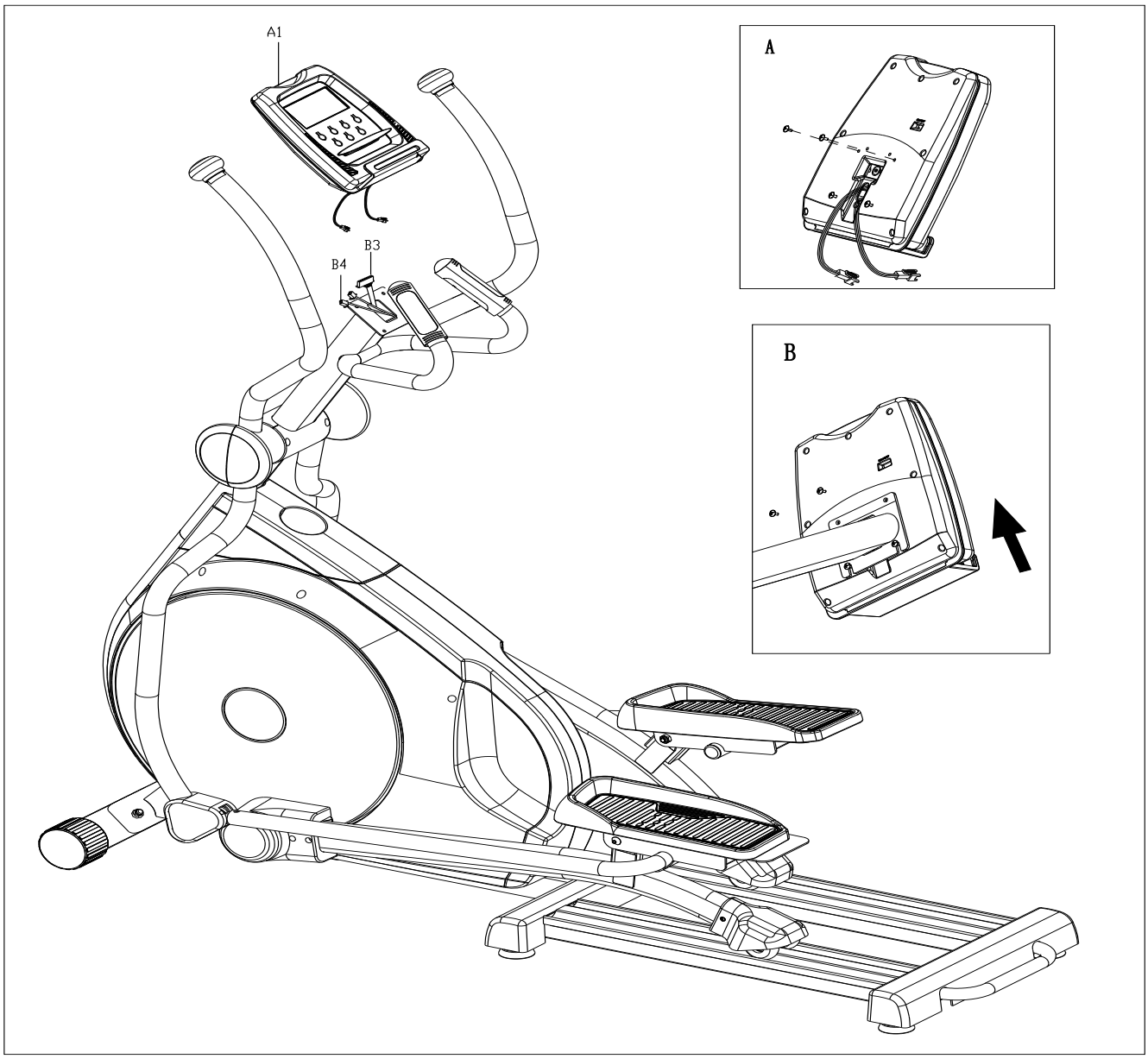
Have hand rail right (7A) through the axle of front tube (2A) by washer (83), Nylon lock nut(75) to Secure. Have hand rail left (8A) through the axle of front tube (2A) by washer (83), Nylon lock nut(75) to Secure.
Connect the universal jointer (22) in front of pedal arm (6A) to the hand rail right (7A) lower U bracket by hex bolt (64) and Nylon lock nut (75) to secure.
Connect the universal jointer (22) in front of pedal arm (5A) to the hand rail left (8A) lower U bracket by hex bolt (64) and Nylon lock nut (75) to secure.

Step 5



Attach the Hand rail middle cover front (54) and rear (55) separate to the Hand rail Left (8A) and right (7A)
Then attach the front tube cover front (52) and rear (53) to the front tube (2A) by 4 Flat head Self-tap screw (84) to secure.
And then attach the hand rail lower cover left (49) and right (50) 2 sets to the hand rail left (8A) and right(7A) together with 2 universal Jointer (22).

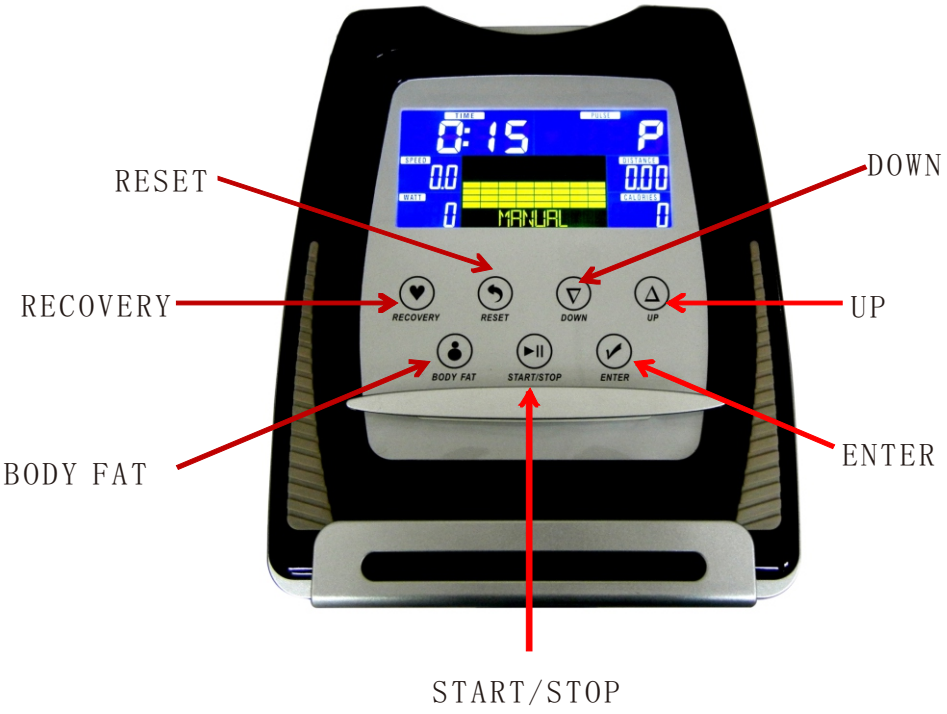
Step 6



Take out the monitor from the box, totally release two round head cross screws on the top of monitor with wrench with screw driver (90), then release the bottom two round head cross screws around 5-6mm (figure A). Connect the computer upper wire (B3) and hand pulse wire (B4) onto the computer (A1)。Connect the computer upper wire (B3) to the rear side of computer, then connect the Hand pulse wire (B4) with socket wire on computer (A1) and then have computer (A1) fix on the front tube (2) by screw.
Insert the connected wires to the square hole of computer fixed plate, put the computer on the computer fixed plate，move the computer as arrow direction (figure B)，insert the bottom two screws of the computer to computer fixed plate holes，Align the computer hole and computer fixed plate hole。the last step is to insert the two round head cross screws，then fasten the four round head cross screws tightly。

NOTE:
PLEASE LUBRICATE THE GUIDE RAIL WITH GREASE AFTER USED THE MACHINE FOR A CERTAIN PERIOD.

MONITOR INSTRUCTION



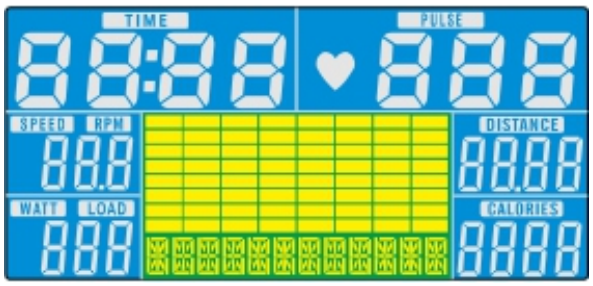
INSTRUCTION MANUAL OF SM2744-67	
BUTTON FUNCTION	
START/STOP	To start or stop workout.
RESET	In stop mode, press the button to back to main menu.
UP	To select training mode and adjust function value up.
MODE/ENTER	In stop mode, the mode is to confirm all exercise data setting, and enter into program.
DOWN	To select training mode and adjust function value down.
RECOVERY	To test hear rate recovery status.
BODY FAT	For body fat measurement

DISPLAY EXERCISE DATA	
TIME	Display range 0:00~99:99 ; Setting range 0:00~99:00 minutes
DISTANCE	Display range 0.00~99.99 ; Setting range 0.00~99.90km
CALORIES	Display range 0~9999 ; Setting range 0~9990 Cl
PULSE	Display range P-30~230 ; Setting range 0-30~230
WATT	Display range 0~999 ; Setting range 10~350
SPEED	0.0~99.9km/H
RPM	0~999

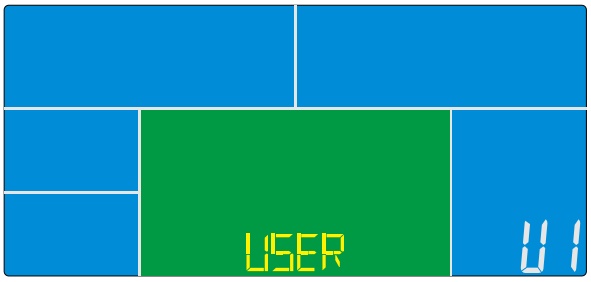
OPERATION PROCEDURE

A. Power On –

Connect power supply and console will power on with a long beep sound, LCD display all segments (Drawing A) for 2 seconds and then display wheel diameter “78.0” for 1 second. After that, console enter into USER personal data setting mode. LCD will display “U1” as Drawing B. Press UP or DOWN button to select U1~U4.



Drawing A



Drawing B

B. User Profile Set up –

Press ENTER button each time when value's determined for SEX, AGE (Drawing D), HEIGHT, and WEIGHT setting and all entered data will be saved in user profile. After user data set up, console will display main menu (Drawing D).

Drawing C

Drawing D

C. Program Selecting–

In main menu, first exercise program MANUAL (Drawing E) will flash, user may press UP and DOWN button to select MANUAL PROGRAM (Drawing F)USER PROGRAMH.R.C.WATT and press ENTER to confirm.

Drawing E

Drawing F

C.1.Quick Start and Manual --

After power on, user may press START/STOP button to start exercise in MANUAL immediately without any setting.

Before exercise in Manual mode, user may set up TIME, DISTANCE, CALORIES and PULSE target and press ENTER button to confirm. After set up all the targets, press the START/STOP button to start workout.

Load level can be adjusted during exercise by pressing UP or DOWN button.

C.2.PROGRAM (12 profiles)：

Press RESET to go back to main menu. Press UP to select PROGRAM (Drawing F) and confirm by pressing ENTER.

Press UP and DOWN button to select Program1~Program 12 with 12 profiles and then press ENTER to set up exercise time. Press the START/STOP button to start workout.

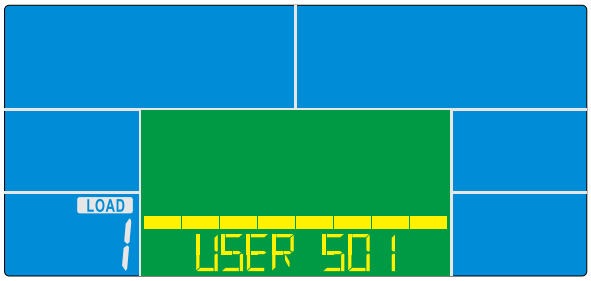
Load level can be adjusted during exercise by pressing UP or DOWN button.

C.3.USER PROGRAM --

Press RESET to go back to main menu.Press UP or DOWN to select USER PROGRAM and confirm by pressing ENTER.

Console display as Drawing G. User may press UP and DOWN button to adjust Load level from 1 to 16 and create his own profile (from column 1 to column 6) and then press ENTER to confirm. Press the START/STOP button to start workout.

Load level cannot be adjusted during exercise.



Drawing G

Drawing H

3.4.H.R.C.(Heat Rate Control)--

Press RESET to go back to main menu.Press UP or DOWN to select H.R.C (Drawing H) and confirm by pressing ENTER.

Then H.R.C 55 (Drawing I) will be flashing. There will be 4 programs: H.R.C55, H.R.C.75, H.R.C.90 and H.R.C. TAG; use the UP and DOWN button to select one program and press the ENTER button to set up exercise time. Press the START/STOP button to start workout.

If user selects H.R.C.55/75/90, the preset value will be displayed in the PULSE column according to the user's AGE inputted. If user selects H.R.C. TAG (Drawing J, press the ENTER button to confirm), preset PULSE value “100” will be shown in flashing text and then user can press the UP and DOWN button to adjust target range from 30~230.

Load level cannot be adjusted during exercise.

Drawing I

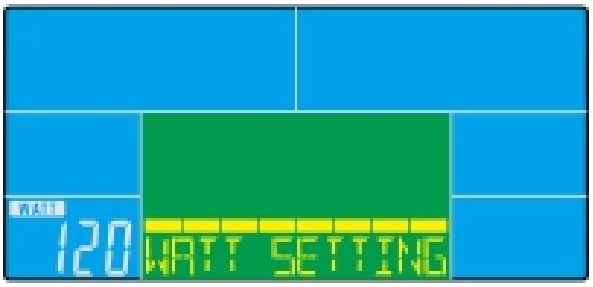
Drawing J

3.5.WATT :

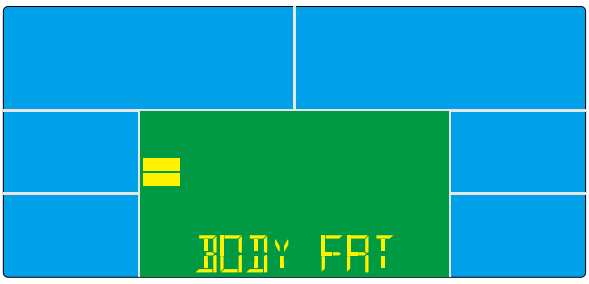
Press RESET to go back to main menu.Press UP or DOWN to select WATT and confirm by pressing ENTER.

Then console display as Drawing K. Preset value 120 is flashing, press UP and DOWN button set the Target value from 10~350, and then press the ENTER button to confirm. After setting the Target Time, press START/STOP button to start work out. During workout, system will adjust LOAD level automatically based on WATT Target value and workout status .

During exercise, user may also adjust WATT target value by pressing UP and DOWN button.



Drawing K



Drawing L

D. BODY FAT:

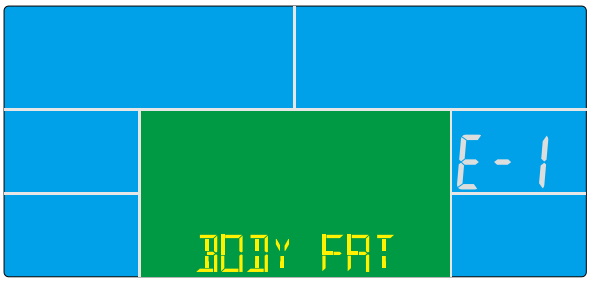
D.1.In STOP mode, press the BODY FAT button to start body fat measurement (Drawing L).

D.2.During measuring, user have to hold both hands on the hand grip. The LCD will display “--” “--“ for 8 seconds until console finish measuring. LCD will display BODY FAT advice symbol, BODY FAT percentage, BMI for 30 seconds.

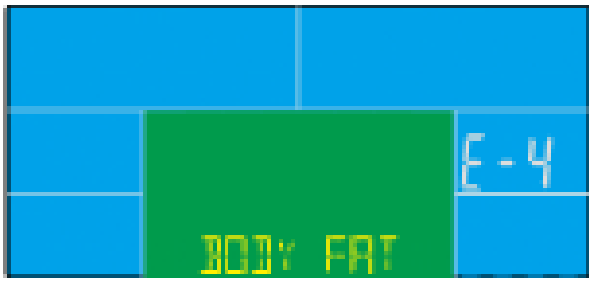
D.3.After measurement, press BODY FAT again to go back to main menu.

D.4.Error code:If measurement fail, console will display error information.

*E-1----user not hold the hand grip correctly (Drawing M).
*E-4----User body fat percentage exceed setting range (5.0%~50%,Drawing N).



Drawing M



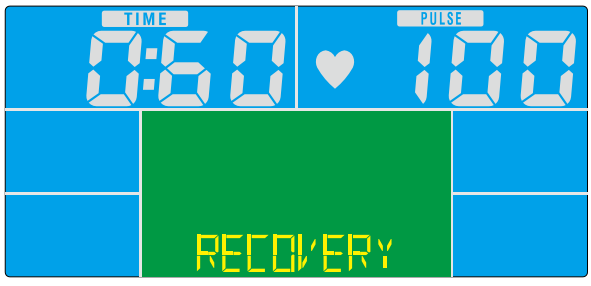
Drawing N

E. RECOVERY :

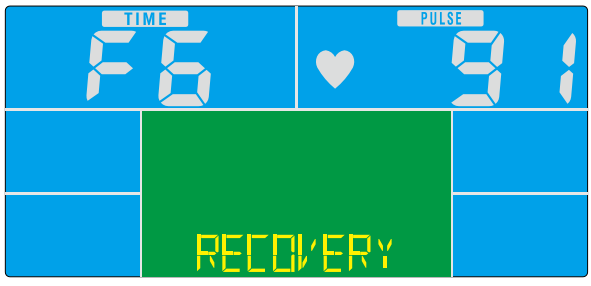
E.1.After exercising for a period of time, keep holding on hand grips. When there is PULSE displayed, press “RECOVERY” button. All function display will stop except “TIME” starts counting down from 00:60 to 00:00 (Drawing O). When TIME counts down to 0, screen will display your heart rate recovery status with the FX (Drawing P, X=1~6). F1 is the best, F6 is the worst.(Press the RECOVERY button again to return the main display.)

E.2.During RECOVERY, user may press RECOVERY button to back to main menu.

E.3.Without pulse inputted, it is invalid to press RECOVERY button.



Drawing O



Drawing P

F. USB power charger

a. The console provides USB power charger for tablet and smart phone only.

b. The console can provides charger only when power supply 9V/1000mA to it.

NOTE:

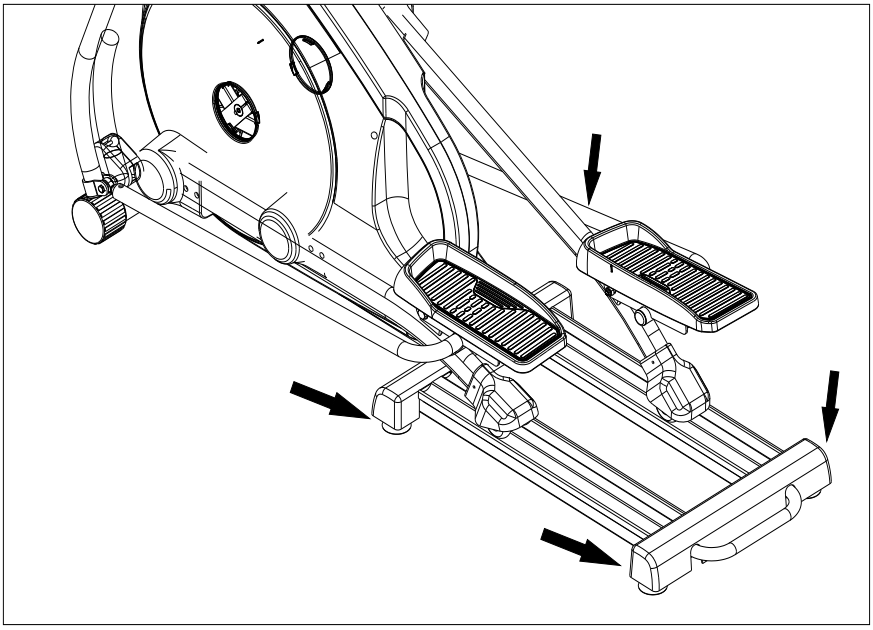
a. For SM2744-67,the console require 9V, 1300mA adaptor.

b. When user stop exercise for 4 minutes, console will enter into power save mode, all setting and exercise data will stored until user start exercise again.

c. When console act abnormal, please plug out the adaptor and plug in again.

Cycle Adjustment :

If the machine is not stable while workout, pls adjust the end cap on the rear stabilizer to make the machine stability.



11.Warm Up

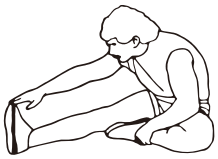
Warm up is an important part of every workout. It prepares the body for more strenuous exercise and reduces the chance of joint and body injuries by increasing your blood flow to the muscles, delivering more oxygen to the muscles, and increasing the body temperature.

Suggested Stretches

The following stretches provide a good warm-up and cool-down. Move slowly as you stretch.

Ham String Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you, resting it against the extended leg's inner thigh. Stretch toward your toe as far as possible, hold for 15 counts, then relax. Repeat three times for both legs. .



Stretches: Hamstring, Lower Back and Groin

Inner Thigh Stretch

Sit with the soles of your feet together and knees pointing outward. Pull your feet as close into the groin area as possible. Hold for 15 counts, then relax. Repeat three times.

Stretches: Quadriceps and Hip Muscles

Toe Touches

Stand with your knees bend slightly, slowly bend forward from the hips. Allow your back and shoulders to relax as you stretch down toward your toes. Go as far as you can and hold for 15 counts, then relax. Repeat three times.

Stretch: Hamstring, Back of Knees, Back

Quadriceps Stretch

Stand on one foot with one hand hold onto the wall to balance, raise the other foot behind you, and pull up your foot as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat three times.

Stretch: Quadriceps muscles, Hip muscle

Calf/Achilles Stretch

With one leg in front of the other and arms out, lean against the wall. Keep your back leg straight and back foot flat on the ground; then bend the front leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side. To cause even further stretching the Achilles tendons, slightly bend back leg as well.

Stretch: Lower legs, Achilles tendons, and Ankles

CLEANING & MAINTENANCE

A.Check smoothness of moving parts regularly. Apply lubricant to increase to increase smoothness except on handlebar.

B.Wipe machine regularly to keep tidy. Use damp cloth on plastic parts, use only dry cloth on metal frames.

C.Avoid using in a moisturize place, it damages parts inside the machine and may cause fatal error.

D.A warning notice to the effect that the safety level of the equipment can be maintained only if it is examined regularly for damage and wear, e.g. check regularly that all connecting elements are tight fitting and are in the correct condition.

E.Special attention to components most susceptible to wear, e.g. screws, nut, washer, connection points.

Without our authorization, any contents of this manual are not allowed to be copied, saved or transferred.

We reserve rights to revise specification, equipment, and maintenance information for our R&D team keeps improving our product quality.

We have done the best efforts on this manual to be more comprehensible for all users. However, if it is found mistyping or wrong location of part on somewhere in the manual, please feel free to contact with the shop where you purchased this machine.

Enjoy your fitness workout with our machine and having a healthy life.

Impetus

IE 500-20150109GB